

Join SUNY Plattsburgh Fitness Center

Non-Student Membership Registration Form Registration: *\$85.00 (Endowment Subsidy Pays \$15.00 of Fee)
*Online registration available for faculty and staff.

Please Check:

Fall Spring

Faculty Staff

*Alumni (\$105) Emeriti

Returning New

Department: _____ Extension: _____

Campus Address: _____ e-mail: _____

Local Address: _____ Phone: _____

Name: _____ Banner ID _____

*Spouse/D.P. Name: _____ Banner ID _____
(*If registering – Must have spouse/domestic partner form on file with Fitness Center Director)

MasterCard / Visa / Discover Credit Card Authorization

Account #: _____ Exp. Date: _____ Check Enclosed:

Signature: _____ Date: _____ \$ Amount: _____

Please return form with payment to Student Accounts Office, Kehoe Bldg.

Plattsburgh
STATE UNIVERSITY OF NEW YORK
PLATTSBURGH STATE FITNESS CENTER
State University of New York College at Plattsburgh
Memorial Hall
101 Broad Street
Plattsburgh, NY 12901-2681

INDOOR CLIMBING WALL PROGRAM

The Fitness Center offerings include the vertical world of rock climbing. Members can enjoy the benefits, challenges, and excitement of our state of the art climbing venue.

Formerly the home of a racquetball court on the lower level of Memorial Hall, the climbing gym offers opportunities to bolder, top-rope and lead climb. Eighteen hundred square feet of varied climbing terrain will reward the first time climber to the most experienced.

The facility is supervised by experienced climbers who are available to provide instruction to Fitness Center members at convenient times. Climbing equipment including harnesses and shoes will be provided.

Climbing is an all around fitness activity helping to improve strength, flexibility, and balance. If you are looking for a new dimension to your workouts, try rock climbing today!

To sign up for a belay instructional class or for more information, please contact the Fitness Center at **518-564-3143**.



MEMBER INFO

>> Membership Process

Membership fees are payable at the SUNY Plattsburgh Student Accounts Office located on the first floor of the Kehoe administration building. The Student Accounts Office is open Monday through Friday 9:00am-12:00 noon and 1:00pm-4:00pm. A valid SUNY Plattsburgh identification card must be presented with payment. Memberships are validated upon each use.

>> Membership Fees

Fall Semester (Aug. 24, 2009 – Jan. 22, 2010)
Students \$70 • Faculty/Staff \$85 • Alumni \$105

Spring Semester (Jan. 4, 2010 – May 14, 2010)
Students \$70 • Faculty/Staff \$85 • Alumni \$105

Summer 2010 (May 17, 2010 – Aug. 20, 2010)
Students \$40 • Faculty/Staff \$55 • Alumni \$75

To use the Fitness Center, each participant must purchase a membership or, on a limited basis, pay for a daily pass. Membership is limited to Plattsburgh State students, faculty, staff, alumni and their spouse or domestic partner.

Registration forms are available at the Fitness Center and Student Accounts Office.

>> Hours of Operation

When the College is in Session

Mon.-Thurs. 7:00am-9:00am / 11:00am-11:30pm; Fri. 7:00am-9:00am / 11:00am-10:00pm
Sat. 9:00am-10:00pm; Sun. 12:00pm-10:00pm

When College is out of Session

Mon.-Fri. 11:30am-1:30pm / 4:30pm-8:30pm; Sat. 9:00am-1:00pm; Closed Sun. and Legal Holidays

Summer Hours

Mon.-Fri. 11:30am-1:30pm / 4:30pm-8:30pm; Sat. 9:00am-1:00pm
Closed Sun. and Legal Holidays

Liabilities and Injuries: Participants should be aware that there is a risk of personal injury due to the inherent nature of this activity. Each participant assumes the risk for any harm or injury. It is encouraged that individuals have a physical examination prior to participation. All accidents or injuries should be reported immediately to a staff member of the Fitness Center.

POLICIES

- Members are required to present their valid Plattsburgh State ID card each time they use the facility.
- Participants must dress appropriately to maintain a sanitary environment and to protect upholstery on equipment. Therefore:
 - Sneakers are required.
 - A shirt must be worn.
 - It is recommended that a towel be brought.
 - Members are encouraged to wipe down equipment after each use.
- Tobacco products, food or drink other than water is not allowed in the activity areas of the facility.
- Books, bags and other personal items are not allowed in the facility. Locker keys are issued at the front desk and lockers are available in Memorial Hall for member use.
- Members are personally responsible to return locks, towels and weight belts issued to them. Members will be charged for the replacement of unreturned or lost items.
 - The Fitness Center does not claim responsibility for lost items or stolen articles in association with the issuance of locks for member use.
 - Misuse or falsification of identification cards will not be tolerated and violators will be prosecuted through the College judicial system.
 - Members who do not adhere to the Fitness Center rules will have their membership terminated and will receive a refund according to the refund policy for the Center.

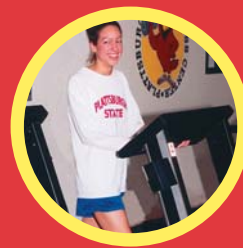
Refunds: The Fitness Center refunds membership fees in accordance with the College tuition refund policy. Fees are 100% refundable for any reason within the first 5 days of the semester. Fees are 50% refundable from day 6 through the fourth week of the semester. Fees are not refundable after the fourth week of the semester. Requests for any refunding must be made in person to the Fitness Center Director.



Plattsburgh
STATE UNIVERSITY OF NEW YORK

Memorial Hall 518-564-3143

www.plattsburgh.edu/athletics/fitnesscenter



A COMPREHENSIVE, SPACIOUS FACILITY

The Fitness Center is located on the lower level of Memorial Hall at the heart of the Plattsburgh State campus. It consists of a 5,000 sq.ft. space housing cardiovascular equipment, resistive weight equipment and a free weight area. A separate, adjacent 1,800 sq.ft. area is used for aerobic activities. A group activity room offers an additional 2,500 sq.ft. area for spinning and kickboxing classes.

Clean, Comfortable Atmosphere

With a membership exceeding 3,000 students, faculty and staff per semester (over 50% of the campus community), the Fitness Center is known with distinction as "the place to be on campus." It offers a comprehensive array of "state of the art" exercise equipment and fitness services in a clean, comfortable climate-controlled environment.

ENJOY INDIVIDUAL ATTENTION AND PROGRAMS



Matthew Salvatore
Fitness Center Director
heads all aspects of the
Fitness Center Program.



Tracy Corey
Group Exercise Director
heads the aerobics and
group activity program.

In addition, the Fitness Center staff is comprised of student trainers, supervisors, and group activity instructors to provide individual and group instruction to members.

>> Group Exercise

The Aerobic and Group Activity Program offers a variety of classes including step, circuit training, abdominal training, yoga, pilates, aqua fitness, group cycling and kickboxing. Classes are scheduled at convenient times, seven days a week and are first-come, first-served. A detailed schedule is available at the beginning of each semester. Steps, mats, hand-held weights, resistive bands, body bars and slides are provided.

>> Fitness/Nutrition Assessment

Body composition assessment via skin fold analysis and bio-electrical impedance are available by request. Members may schedule time with the college's dietician for a review of their nutritional needs.

>> Member Services (no additional fee)

- Orientation
- Personal Training
- Strength & Conditioning
- Nutrition Analysis
- Fitness Assessment
- Equipment Reservation
- Lockers, Towels
- Group Exercise
- Climbing Wall

>> Cardiovascular

Equipment may be reserved for a 30-minute session by phoning the Fitness Center or signing up in person up to 2 days in advance.

- Cybex Arc-Trainer (2)
- Cybex Bikemax (6)
- Nautilus Treadmills (5)
- Precor Elliptical Trainers (5)
- Concept II Rower (2)
- Schwinn Spinners (20)

>> Resistive Weight Training

Includes a variety of top-of-the-line circuit, plate-loaded and free weight equipment from:

- Flex
- Cybex
- York
- UCS Olympic Platform



Non-Profit Org.
U.S. Postage
PAID
Plattsburgh, NY 12901
Permit No. 1

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